



WILCANNIA COMMUNITY NEWSLETTER

— Maari Ma Health Aboriginal Corporation

NAIDOC



MAARI MA PRIMARY HEALTHCARE SERVICE

AUGUST 2022 | ISSUE 58

Children at Wilcannia's pre school are pictured celebrating NAIDOC with a face painting activity with Brendon Adams from Strong Young Families.

Brendon also worked with children from Wilcannia Central School for a dance performance. Brendon taught the kids the dance moves and they performed at the school in front of parents, teachers, fellow students and community members.



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www.facebook.com/maarimahealth/

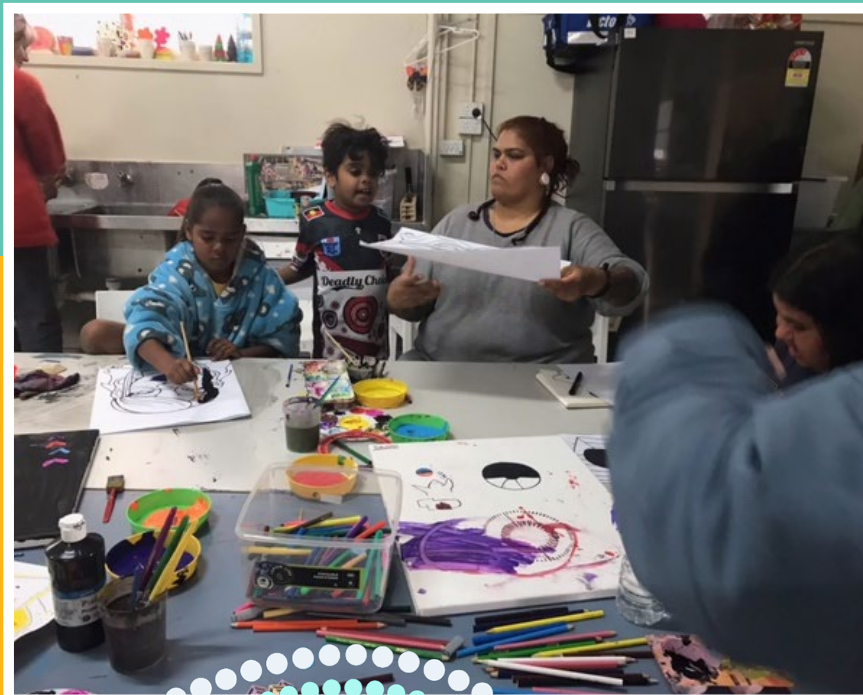
"Improving Aboriginal health and closing the gap"



WINGS SCHOOL HOLIDAY FUN

Fun activities were held at Wings over the school holidays. With arts, games, movie night and Disco.

The WINGS holiday program offers a variety of a ge appropriate entertainment during the holidays which keeps the kids active and healthy.





KIILA LAANA

CIGARETTES AND VAPES ARE CAUSING HARM TO YOU AND YOUR BABY.

The umbilical cord is your baby's lifeline. Blood flow through this cord provides your baby with oxygen and the food it needs to grow. Every puff you take on a cigarette or vape has an immediate effect on your baby.

Carbon monoxide replaces some of the oxygen in your blood, reducing the amount of oxygen received by your baby through the umbilical cord. Smoking also affects how the placenta forms, and reduces the nutrients crossing the placenta to your baby. Cigarette and vape smoke also contains many other harmful poisons, which pass through your lungs and into your bloodstream (which your baby shares).

Be smoke-smart, check your carbon monoxide levels in your home and car by joining the yapara breathe easy program today .



breathe easy

yapara program

NATIONAL CERVICAL SCREENING PROGRAM (NCSP) ANNOUNCES SELF-COLLECTION OPTION FROM 1 JULY 2022



NATIONAL CERVICAL SCREENING PROGRAM

A joint Australian, State and Territory Government Program

30
YEARS

OF SAVING LIVES

Self-collection has the potential to remove some cultural and personal barriers that may discourage some women from screening, especially Aboriginal and Torres Strait Islanders, culturally and linguistically diverse women, and gender and sexually diverse people.

Maari Ma is offering the self-collection option to people who are aged between 25-74 years, sexually active, are a woman or person with a cervix.

Talk to your midwife, nurse or GP for more information.

Complete a free
bowel cancer screening
test every 2 years, once
you turn 50.

**Stay Healthy
and Strong.**

Screening for bowel cancer is simple, private, and free.



Regular screening can help detect the early signs of bowel cancer. If found early, over 90% of bowel cancers can be successfully treated. Keeping up to date with screening is an important way to stay healthy and strong for our families.

For more information, have a yarn with your health professional about making a bowel cancer screening test part of your regular check-up or visit:

www.indigenousbowelscreen.com.au



GP REVIEW

During the year you should see your doctor to see if your GPMP or medication needs to be changed. You may also need some tests.

START

Your cycle of care starts with a twelve monthly CTG/IPIP sign up. This includes ATSI Health Check and a follow up by a health worker.

FOLLOW-UP CARE

Our health workers will visit you to talk about your health and see how you are going with your medications.

MAARI MA CYCLE OF CARE

GPMP & MEDICATION

You will be looked after by our Keeping Well team and other specialists like our dietitians, podiatrists and eye specialists. The Keeping Well team and pharmacist will help you with your medications which could include a Home Medication Review and a Webster Pack.

You should see your doctor regularly and develop a care plan to manage your health. This plan is called a GPMP.



Maari Ma Primary Health Care Service

Improving Aboriginal Health & Closing the Gap..

About MMPHCS

Maari Ma Primary Health Care Service aims to provide culturally appropriate health services to Aboriginal people living in Broken Hill and surrounding communities.

We are governed by an all Aboriginal Board of Directors, who are deeply committed to providing a holistic approach to Aboriginal health that includes physical, emotional, spiritual, cultural and environmental dimensions.

Our health workers, doctors and nurses are committed to providing you with the highest quality care. If you ever feel that this has not been achieved, please contact the manager, Kendy Rogers, on 08 8082 9777 to discuss the matter.

Regular services

Doctors
Nurses
Health workers
Child health nurses
Midwives
Dietician
Primary mental health workers
Alcohol and other drug staff
Psychologist
Kids dentist
Adult dentist
Women's health
Pharmacist
Social Worker

Occasional services

Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry
Optometrist
Psychiatrist
Child and Adolescent
Psychiatrist
Pain Specialist



Kendy Rogers

Service
Manager:
PHCS



Nola
Whyman

Executive
Manager
Operations



Tegan Hinchey-
Gerard

Executive Manager
Aboriginal Health
and Community
Wellbeing

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